THE PERFECT KETO FOOD LIST

Get Your 30 Day Keto Meal Plan To Lose Weight Fast to be free from the fear and agony of dangerous life-threatening chronic illnesses

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VEGETABLES

Vegetables are incredibly important on a keto diet, as they help provide fiber and nutrients that are needed in your body. The keto diet is incredibly effective at helping people lose weight, but it can be tough to get all the nutrients you need when you eliminate most carbs from your diet. That's where vegetables come in: they're low-carb, high in fiber and nutrients, and can even help prevent disease!

Not only does eating vegetables help you feel full longer and maintain a healthy weight more effectively, but vegetables have been shown to reduce the risk of cardiovascular disease and cancer. Eating veggies also helps your skin look younger and feel softer, as well as improve digestion and lower cholesterol levels.

There are so many benefits to eating vegetables on a keto diet! Don't hold back—eat up!

VEGETABLES

ALFALFA SPROUTS - 0.4 GRAMS PER CUP

Alfalfa sprouts are a great addition to any diet, but they're particularly helpful on a keto diet.

Alfalfa sprouts are low-calorie, so you can eat quite a lot of them without going over your recommended daily calorie intake. They're also packed with vitamins and minerals—vitamins A, B, C, D, E, and K; calcium; iron; magnesium; potassium; zinc—so you can feel good about getting your recommended daily dose of important nutrients.

They're very low in carbs, so they won't upset your keto diet. In fact, their high fiber content helps you stay regular while you're on keto. And because they have a mild taste and crunchy texture, they go great with all kinds of protein-centric dishes as well as with salads.

Daikon is a mild-flavored root vegetable that comes from the radish family, and it's typically available in four different colors: white, purple, green, and yellow.

What makes daikon unique is its impressive nutritional profile. This humble radish contains zero fat or sodium, which makes it one of the best vegetables you can eat if you're trying to lose weight or reduce your sodium intake.

Daikon also packs an impressive amount of vitamins and minerals into each serving, including Vitamin C, B6, Potassium, Calcium, Magnesium, Manganese, Phosphorus, Iron, Folate, Copper, Thiamine Riboflavin Niacin Pantothenic Acid Zinc Selenium Omega-3 Omega-6 Vitamin A Vitamin E Vitamin K.

Endive is a great addition to your keto diet because it's a low-calorie veggie that helps fill you up, so you can avoid snacking.

A small endive head has just 10 calories and 2 grams of carbs. It's also high in fiber, which means you'll feel fuller faster and stay full longer.

Endive is an excellent source of vitamins A, K, and C, which are all important for skin health. So while you're on a keto diet that promotes clearer skin, add endive to your regular rotation to get the most skin benefits.

VEGETABLES

ESCAROLE - >1 GRAM PER OUNCE

Keto diets are all the rage right now. They're popular because they work, but they can also be hard to follow, especially when it comes to finding keto-friendly veggies. Escarole is a great addition to your diet, whether you're on keto or not.

First of all, it's a great source of fiber, which helps you feel full longer—and that means you'll be less likely to cave in and snack on something that's not good for you. It also helps keep your digestive system healthy and moving along at a good clip.

Escarole is also rich in nutrients like vitamins A, C, K, and B6! And did we mention its low carb content? It has just 2 grams of carbs per cup. That makes it a perfect addition to any salad or stir fry.

ARUGULA - 0.3 GRAMS PER ¼ CUP

Arugula is a prime example of a keto-friendly green. It contains only 1g of fat, but it's also packed with 3g of protein and almost 20% of your daily iron intake. This superfood is great to use in salads, or even just as a side dish when you're having eggs for breakfast.

Arugula is a leafy green vegetable with a strong, peppery flavor that is both nutritious and delicious. It is an excellent source of vitamin K, which helps the blood clot. Arugula also contains significant amounts of vitamins A and C, as well as calcium.

What's more, 1 cup of arugula contains only 5 calories. This makes it an excellent choice for people on keto diets who are trying to lose weight.

BOK CHOY - 2 GRAMS PER CUP

Bok choy is a delicious and nutritious leafy green vegetable that helps you achieve the nutrition goals of a ketogenic diet. Bok choy is low in calories and carbs, with only 9 calories and 2 grams of carbohydrates per cup. It's also high in fiber, with 1.2 grams per serving, so it can help keep you full while you're on your way to your weight loss goals. It also contains vitamin A, vitamin C, and potassium.

In particular, bok choy is a great source of folic acid. Keto-friendly foods are often lacking in folic acid, so bok choy is a great addition to your diet if you're on this plan since it provides over 50% of the recommended daily intake for this key nutrient!

VEGETABLES

CELERY - 0.8 GRAMS PER 1 STALK

Celery is an amazing food for keto dieters.

Not only does celery contain almost no calories (only 8 per ounce or 10 per cup, chopped), it's made up of 95% water. This means that you can eat a LOT of it before you go over your daily caloric limit, which helps keep you satiated and full throughout the day.

It's also packed with vitamins, minerals, and antioxidants. It contains folate, vitamin A, C, K, B6, potassium, calcium, and more! It's an essential part of your keto diet because it will help you stay healthy and energized while keeping you under your daily calorie limit.

CHICORY GREENS - 0.6 GRAMS PER ½ CUP

Studies show that chicory greens, which can be eaten raw or cooked, are a fantastic addition to any keto diet. They are a great source of fiber, which is important on a high-fat diet like the ketogenic diet. Chicory greens also add a lot of nutritional value to your plate.

They contain Vitamin A and K, both of which are important for maintaining optimal health. They also contain fiber, manganese, and potassium.

Another benefit of eating chicory greens is that they help you feel full longer. The fiber content helps you stay full between meals, which can help prevent overeating. And since overeating is one of the main reasons for weight gain, this can help you stay true to your keto diet goals!

Green onions are a great way to add flavor to your Keto diet. They have a mild, but still present taste that adds a unique twist to any dish.

Green onions have many health benefits on their own. For example, they are a good source of Vitamin A and C, which are both key vitamins for maintaining good health. In addition, Green Onions also contain Vitamin K which is an important mineral that helps blood clotting and bone structure development.

As you can see, Green Onions are not only tasty, but they come jam-packed with health benefits that help keep you healthy while on your Keto diet.

VEGETABLES

CUCUMBER - 1 GRAM PER ½ CUP SLICED

Cucumber is an important part of a Ketogenic diet. A keto diet is low in carbs and high in healthy fats and proteins, which can reduce blood sugar levels and weight. Cucumbers are very low in calories with only 16 calories per cup. They are also comprised mostly of water which can help you feel fuller longer and reduce your appetite.

A medium-sized cucumber contains just 4g of carbs, 2g of fiber, and 1g of net carbs. Cucumbers are also low in sugar with only 1g per medium-sized cucumber!

Cucumbers contain polyphenols that have been shown to have antioxidant properties. These polyphenols have been shown to protect cells from damage caused by oxidative stress.

FENNEL - 3.6 GRAMS PER 1 CUP

The keto diet is a high-fat, low-carbohydrate, and moderate-protein diet that has become all the rage in recent years. It is a way of eating meant to reduce inflammation, help you lose weight, and improve your overall health. While many people have seen great results on the keto diet, it's important to make sure you're getting enough nutrients while you're cutting so many carbs.

One vegetable that's an especially good source of nutrients on the keto diet is fennel. Fennel contains vitamins A, C, K, B6, thiamine, and niacin. It also contains minerals like iron, potassium, magnesium, and manganese.

Not only does fennel contain lots of healthy vitamins and minerals for your body, but it also has beneficial compounds that can help you get the most out of your keto diet. For example, fennel contains compounds called polyphenols which may help lower cholesterol levels and reduce inflammation.

ICEBERG

Iceberg lettuce, also known as crisphead lettuce, is a staple of the keto diet. While it may look like just a boring old head of lettuce, iceberg lettuce can actually be your best friend during the first week or two of your journey into ketosis.

Iceberg lettuce is great for complete beginners to the keto diet because it has no carbs and 4 grams of fiber per cup. It's also loaded with vitamins A and K, which will help you stay healthy during the transition to keto.

Iceberg lettuce is most often used in salads, but there are plenty of other ways to enjoy this veggie. Try making a quick sandwich wrap with iceberg instead of bread, or use it as a base for tacos!

VEGETABLES

JICAMA - 2.5 GRAMS PER ½ CUP

Jicama is a great keto snack. It's sweet, it's crunchy, and it can be prepared in a bunch of different ways to suit your tastes.

But let's talk about the best part: jicama only has 6g of net carbs per cup, which means you can enjoy it guilt- free. With only 17g carbohydrates and 9g fiber, it's one of the lowest carb veggies out there, and you can actually eat quite a bit of it before you even get close to the recommended 20g consumption limit.

And that's not even getting into all of its other benefits: jicama is full of vitamin C, potassium, magnesium, folate, and iron.

PARSLEY - >1 GRAM PER OUNCE

When you're on a keto diet, it's important to make sure that you're getting all of your vitamins and minerals. Parsley is an excellent source of nutrients and can help those who are following a keto diet get enough vitamins A, C, E, and K, along with folate and iron.

Parsley is also full of antioxidants, which have been shown to have anti-inflammatory properties. This means that parsley can contribute to overall good health by reducing inflammation throughout the body.

If you're on a ketogenic diet, give some parsley a try! Not only will it help you get essential vitamins and minerals without adding too many calories or carbs to your daily intake, its strong flavor means that a little bit goes a long way—and can really spice up any meal!

Bell peppers are a great addition to a keto diet because they're low in carbs but high in fiber. That makes them a wonderful source of nutrients.

For example, just one cup of bell pepper can give you almost 200% of your daily requirement for vitamin A and more than 300% of the recommended daily intake of vitamin C. Bell peppers are also a good source of vitamin B6 and potassium, which are very important for muscle function.

The best part about bell peppers is that you can use them in tons of dishes—just chop them up and add them to anything from tacos and burritos to omelets or even soup!

VEGETABLES

RADICCHIO - 0.7 GRAMS PER ½ CUP

If you're on the keto diet and trying to cut back on carbs, radicchio is your new best friend. A cup of shredded radicchio has only three grams of net carbs; that means you can eat plenty of it without worrying about going over your daily limit.

We love using radicchio in salads with meat or fish; it adds a bitter kick that really brings out the flavors in whatever you pair it with!

Radicchio is a low-carb food and is keto-friendly. It can add color to your plate and bring more nutrients into your diet. Radicchio contains healthy amounts of fiber, vitamins A, C, and K, iron, potassium, manganese, and copper. The leaves are dark red with white veins and stalks. This makes it an attractive vegetable to include in your meals.

Radishes are the perfect addition to any keto diet. Not only are they packed with vitamins and minerals, they're also very low in carbs— only 3 grams of carbs per 100-gram serving.

While radishes may be small, they contain a lot of nutrients for their size. They're also full of antioxidants, which neutralize free radicals that can damage cells and cause inflammation and disease. They have potassium, vitamin C, and folate, which are good for heart health.

Radishes also contain minerals that help regulate blood sugar, so you don't have to worry about them having a negative impact on your diet. Plus, they're delicious! You can enjoy these crunchy little veggies raw or cooked— either way, you'll be getting all the benefits of adding radishes to your meals.

Romaine lettuce is a great option for a keto diet, as it contains more than 90% water and has only 1.5 grams of net carbs per cup. It's also a great source of vitamins A, C, and K—with one cup containing over 100% of your recommended daily value of vitamin A, and almost 50% of your recommended daily value of vitamin C.

The amazing thing about Romaine lettuce is that it can be used in a variety of salads, sandwiches, wraps, rolls, and even soups. It can also make for a great low-carb snack just by itself! It has a very mild flavor that is easy to work with, so you can use it in almost any recipe you choose.

It's also incredibly versatile. While it makes a fantastic side dish or light lunch by itself, you can also use Romaine as "cups" to hold other keto-friendly ingredients like tuna salad, chicken salad, seafood mixings, egg salad (or eggs), and even cheeses. These make wonderful appetizers for parties or get-togethers with friends.

VEGETABLES

ARTICHOKE (1/4 STEAMED) - 4 GRAMS

Artichoke is one of those versatile veggies that you can use in a lot of different ways, and it's a great option for anyone following a keto diet!

The main reason is that they're low in carbs—a whole medium artichoke has only 10 grams of carbs. They're also high in fiber, which means they'll help to keep you feeling full, and they are also high in vitamin C, folate, and magnesium.

Artichokes can be deliciously served up roasted (and dipped in butter), steamed and tossed with some lemon and olive oil, or even made into an amazing dip!

ARTICHOKES HEARTS IN WATER - 3 GRAMS

Artichoke Hearts In Water are a great choice for a keto diet. They have 3 grams of carbohydrates and 2 grams of fiber per serving, giving you 1 gram of net carbs per serving.

Plus, they’re incredibly versatile! You can use them as a main meal over rice, or you can add them to pasta sauce for extra flavor and nutrients.

Also, Artichoke Hearts In Water are high in protein (4 grams per serving), so you can eat them with eggs for breakfast or mix them into your smoothie for lunch.

Asparagus isn't just for the spring! This delicious green veggie is a low-carb favorite all year long, and you'll never have to feel guilty about indulging in this green with a keto diet.

Asparagus has only four net grams of carbs per cup, and it's packed with vitamins like K, A, C, E, folate, and riboflavin. Not to mention that they're high in good fiber! There are tons of ways to enjoy asparagus on a keto diet: try asparagus as a side dish, or use it in a salad or soup. You can even make asparagus "pasta"!

With so many benefits and uses, you'll want to get your hands on some fresh asparagus immediately!

VEGETABLES

BAMBOO SHOOTS - 1.1 GRAMS PER 1 CUP

When you're on a keto diet, it's easy to get bored of eating the same foods. Fortunately, bamboo shoots are a versatile ingredient that can make your low-carb meals fun and flavorful.

Bamboo shoots are the edible stems of bamboo plants that grow underground. They're typically sliced into strips and eaten raw or cooked in Asian dishes.

This supplement provides important nutrients such as fiber, vitamin A, and vitamin C, which are an important part of any keto diet because they help with digestion and provide an energy boost.

Broccoli is a cruciferous vegetable that's also a member of the cabbage family.

It's a rich source of protein, dietary fiber, Vitamin C, Vitamin K, iron, and potassium.

On a keto diet, it's one of the best vegetables you can eat. It has few carbohydrates, lots of nutrients and it's also rich in fiber and protein.

Brussels sprouts are a great choice for keto diets. They're a low-carb vegetable—just 5 grams of net carbs per cup!—that's packed with vitamins and nutrients. They are also high in fiber, which helps you feel full longer.

Brussels sprouts are high in vitamin C, which is an important antioxidant that supports your immune system. Plus, they're rich in folic acid and other B vitamins, which help keep your heart healthy. And they're a good source of vitamin K, which helps support bone health.

This tasty green veggie also contains potassium and magnesium, which help lower blood pressure and promote heart health. Plus, Brussels sprouts contain omega-3 fatty acids, which can reduce inflammation and promote brain health.

VEGETABLES

CABBAGE - 2 GRAMS PER ½ CUP

Cabbage is an excellent food to eat on a keto diet. It's a leafy green vegetable and contains Vitamin K, Vitamin C, Vitamin B6, and Potassium. These nutrients help your body fight against inflammation and infection, keeping you healthy.

Cabbage is also rich in fiber, which makes it a great choice for those who are following the keto diet because it helps keep you feeling full. The fiber in cabbage also helps to regulate your digestive system.

Cabbage is low in calories and carbs but still high in nutrients! That makes it an excellent choice for those who are following the keto diet.

Cauliflower is a nutrient-rich food that’s super versatile and can be used in place of many carbs. When on the keto diet, cauliflower can help you reach your daily fiber goals, which helps with digestion and weight loss.

In addition to fiber, cauliflower is a great source of antioxidants, vitamins C and K, potassium, and magnesium.

It’s naturally low in fat, calories, and carbs. A 1/2 cup serving has only 2 grams of net carbs, making it a great choice when you're on the keto diet.

Keto diets are a great way to stay healthy, and chard is a perfect addition to your keto plan.

Chard is low in carbs with only 1.7g per 100g serving. The leaves are an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber. These nutrients have been shown to help reduce the risk of chronic disease and even cancer.

Chard can be eaten raw or cooked, so it's easy to work into just about any meal you're planning. It also has a mild flavor that lends itself well to most recipes.

VEGETABLES

COLLARD GREENS - 4.2 GRAMS PER ½ CUP

Collard Greens are an excellent source of fiber that also happen to be very low in carbohydrates, making them a perfect addition to any keto diet. They're also rich in vitamins A, C, and K; magnesium; manganese; calcium; and potassium.

With only 5 grams of net carbs per cup (cooked), you can incorporate collard greens into your favorite recipes without exceeding your daily carb limit! Just make sure you're eating enough fat so that your body can use all those nutrients from collards instead of burning through them quickly and leaving you feeling hungry again soon after eating them!

They're also just delicious (and super versatile). Try sauteing them with some garlic and olive oil for a fast side dish or throw them into soups or stews for extra flavor. You can even use larger leaves as a wrap for low-carb fillings!

EGGPLANT - 1.8 GRAMS PER ½ CUP

Eggplants can be a delicious and wonderful part of your Keto diet.

There are many benefits of adding eggplant to your meal plan. Eggplant is an extremely flavorful food that can be used in the place of "carby" vegetables like potatoes, or even meat. Eggplants are low in calories, high in water content, and contain only 5 net carbs per cup. It is also a great source of fiber and contains many essential nutrients like manganese, vitamins C, K, B6, potassium, folate, and thiamine.

Eggplant is also very easy to use in your cooking. It is easy to prepare and cooks quickly. Just slice it into rounds or strips, season with salt and pepper, and saute until tender.

HEARTS OF PALM - 1 GRAM PER ½ CUP

Hearts of palms have the same texture and taste like artichoke hearts. If you're missing those delicious treats, then hearts of palm might help you feel like you're not missing out on anything. But don't worry—they won't break the carb bank!

Hearts of palm are a wonderful addition to salads and pasta dishes alike. They can be eaten as an appetizer or dessert if you'd prefer. They're also great for snacking on throughout the day, so no matter when hunger strikes you can still feel like you're doing something healthy for yourself.

The carbs in Hearts of Palm come from fiber, which is important for digestive health. They're also rich in potassium and vitamin C, which are good for your immune system (not to mention your skin).

VEGETABLES

KALE - 2.4 GRAMS PER ½ CUP

The health benefits of kale are numerous. It's a great source of vitamins C, K, and A, and it also provides calcium and potassium. This superfood will help you balance your blood pressure and lower your cholesterol, as well as protect your heart with its high levels of antioxidants.

Kale is also packed with fiber (1.5 grams per cup), which makes it very filling while also helping to regulate your digestion. If you add kale to your salads or smoothies, you'll feel fuller for longer. Plus, with all that fiber, you'll be able to work kale into your keto diet without adding too many carbs to your daily total.

In order to get the most out of your kale, either steam it or sauté it before eating—this helps to release the nutrients within so that you can absorb them better!

KOHLRABI - 4.6 GRAMS PER ½ CUP

Kohlrabi contains important vitamins and minerals like vitamin C, vitamin B6, potassium, calcium, magnesium, and phosphorus.

It's also rich in dietary fiber and antioxidants. As a low-carb veggie, it helps you stay within your carb limits while still giving you the nutrients your body needs.

When choosing kohlrabi for your keto diet, look for large bulbs that feel firm and heavy—they should have no soft spots or wrinkles. You'll want to eat it fresh for the most benefits, but if you don't think you'll be able to eat it all before it goes bad, you can store it for up to two weeks in the fridge.

Leeks are a member of the onion family, and you can use them in place of onions in many recipes. They have a milder flavor than onions and have a high water content, which makes them an excellent choice for people on a keto diet. Leeks are also high in fiber and low in carbs, so they make an excellent addition to any ketogenic diet.

Leeks are rich in vitamins A and C, as well as potassium and manganese. They also contain thiamin, riboflavin, vitamin B6, iron, magnesium and calcium. These nutrients help keep your body healthy while on a keto diet by providing the necessary vitamins and minerals your body needs to function properly.

Leeks can be used to mimic the texture of potatoes. When cooked down, leeks become soft and creamy, just like potatoes. This means you can use them in soups, stews, and on their own as a side—all without the carbs!

VEGETABLES

MUSHROOMS - 1 GRAM PER ½ CUP

We love mushrooms because they pack a lot of flavor into a very low-carb package. They also contain B vitamins, which help your body extract energy from the food you eat.

Additionally, mushrooms are a great source of selenium, an antioxidant that helps defend against free radicals and promotes healthy brain function.

Mushrooms are a versatile food that can be eaten raw as well as roasted, grilled, or sauteed in your favorite dishes. Try making this low-carb portobello mushroom burger for a quick lunch option that will keep you in ketosis!

OKRA - 2.4 GRAMS PER ½ CUP

Okra is a great vegetable for those on the keto diet. It is full of nutrients, and it can help you get your daily fiber intake. Okra has many health benefits, and it's a delicious way to get the nutrients you need.

Okra provides many nutrients, including fiber, potassium, vitamin A and C, thiamine, niacin, iron, zinc, and magnesium. These are important nutrients to every diet.

Okra is a great source of fiber, which helps your body maintain good digestion and manage your blood sugar levels. The fiber in okra also helps you feel full, which makes it an excellent addition to any meal or snack.

Black Olives have been used for decades to help people on a keto diet. They are low in carbs and are an excellent source of healthy fats. Most of the fat in olives comes from oleic acid, which is a monounsaturated fat that has been linked to reduced inflammation and better heart health when eaten as part of a balanced diet.

Olives also contain vitamin E, iron, copper, and calcium. These nutrients are helpful in maintaining strong bones and improving blood flow.

Black olives are an amazing addition to a keto diet. If you're looking to add flavor and variety to your meals, olives are an absolute must-have. You can eat them on their own for a quick crunchy snack, or you can use them in salads and sauces. They're incredibly versatile!

VEGETABLES

ONIONS - 2.8 GRAMS PER 1/4 CUP

Onions are a great addition to a keto diet. They do have some carbs, but you can still eat onions in moderation as part of a ketogenic lifestyle. Onions are rich in vitamins, minerals and antioxidants. They also contain quercetin, an antioxidant that can help reduce inflammation.

As root vegetables, they're naturally low in carbs, with about 4 grams for each onion, which is about a quarter of the daily recommended intake for a keto diet. That's not all—they're also packed with fiber and vitamin C, so you can feel good about incorporating them into your meals.

The best part about onions is they go great with just about everything! You can add sliced raw onion to your salad or saute them with oil and butter for a quick side dish. If you're looking to use them as an ingredient in cooking there are many options such as using them in soups, stews, or even chili recipes.

PUMPKIN - 2.4 GRAMS PER 1/4 CUP

Pumpkins are a delicious addition to any keto diet. They're low in sugar, high in fiber and vitamins, but most importantly: they taste amazing!

Pumpkins are low in calories and carbs, with only 7 net carbs per cup of pumpkin puree. This makes them great for anyone on a keto diet!

Pumpkins are a great food to add to your Keto diet. They are low in carbohydrates, high in fiber and they are rich in vitamins and minerals. The vitamin A that is found in pumpkins has many benefits including helping to maintain eye health, normal immune function, and helping promote skin cell growth.

The keto diet is a low-carb, high-fat diet that aims to help you lose weight and speed up your metabolism. Because it restricts your intake of carbs, it can be difficult to consume enough fiber on the keto diet. One of the best ways to make sure you're getting the right amount of fiber is by incorporating sauerkraut into your daily diet.

Sauerkraut is a tangy fermented cabbage that's rich in probiotics, lactic acid bacteria, and enzymes. It's also packed with antioxidants, which are essential to fighting off illness. Sauerkraut can help improve digestion and prevent bloating, and it's also filling—which means you'll feel satisfied for longer and won't be as tempted to snack throughout the day

If you're on a ketogenic diet, you might find yourself looking for ways to be creative with your food choices. For example, what do you do when you want your regular side of fries or potato chips? Do you have any other options? Well—sure! Sauerkraut can be a great option for topping off those delicious burgers and dogs (and yes, even steaks).

VEGETABLES

SPINACH - 0.2 GRAMS PER ½ CUP

Spinach is a green leafy vegetable that is super low in carbs and calories, and it's also high in vitamins and minerals. You can use spinach to make a bunch of different dishes or to flavor your food with it. But the vegetable is especially important when you're on a keto diet because it meets all of the macronutrients that you need for a keto diet.

Besides being an excellent source of vitamins A and C, spinach is also a great source of iron, calcium, zinc, and potassium.

But just because Spinach is so healthy doesn't mean you need to eat it raw! In fact, spinach is one of the most versatile ingredients you can use in cooking. You can saute it for an instant side dish, or give it a quick stir-fry and pop it into the microwave for a quick breakfast. You can even bake spinach in your favorite casserole recipe for a delicious treat!

Summer squash is a low-carb vegetable that works well in keto diets because it has a fairly high amount of fiber and only 2 grams of carbs per 100 grams. Summer squash is also a source of antioxidants and dietary fiber, which are important for good health and weight loss.

In addition to being a low-carb vegetable, summer squash is extremely versatile. It can be served throughout the course of the summer as part of a main dish or side dish, served as a garnish at many restaurants, or simply eaten raw on its own with a fork.

It can be baked into crisp little rounds (like acorn) or roasted until it is tender enough to eat with a spoon. So many possibilities!

Since tomatoes are known to be high in carbohydrates, many people who follow the keto diet wonder if they're allowed. The answer is that while they are a source of carbs, their benefits outweigh the glycemic load enough to make them a good choice.

They're also full of vitamins A, B6, and C, minerals like chromium and potassium, and antioxidants—all while being low in carbohydrates.

Tomatoes are great on their own or cooked into sauces like marinara sauce or tomato paste; they can also be used to make salsas, dip spreads like pesto sauce or even guacamole! And if you're looking for something sweet then try eating tomato ice cream - yum!

VEGETABLES

CHERRY TOMATOES - 4 GRAMS PER CUP

Cherry tomatoes are low in carbs and high in vitamins A and C, so they can help you feel satisfied without spiking your blood sugar. Plus, they're pretty on your plate! That matters, because feeling like what you're eating is delicious is one of the best ways to make sure you stick with your diet plan long enough to reach your goals.

Cherry tomatoes are a great option for any keto dieter because they contain only 2 grams of carbs per serving (one cup). This means that you don't need to worry about whether or not they will fit within your daily carb limit.

If raw tomatoes aren't quite your thing, try roasting them first—it'll bring out their sweetness without adding any extra sugars or carbs. Plus, roasting them makes them easier to digest, so you'll know they're working for their best possible effect on your body.

A single cup of turnips only has 8 grams of carbohydrates, compared to potatoes' 26 grams or sweet potatoes' 23 grams. You can easily substitute turnips for any other root vegetable in your favorite recipe and reap the benefits of a lower carb count.

Turnips have the added benefit of being loaded with vitamin C. A single cup of cooked turnips contains more than half of your recommended daily intake.

Turnips are the perfect alternative to potatoes on keto because they have all of the texture and flavor, but not all of the carbs. And they're versatile—you can mash them up instead of potatoes, roast them into "fries," or just eat them raw with salt. They're even great in soups!

FRUITS

Fruits are a great way to add flavor and variety to your ketogenic diet. They're also full of nutrients, fiber (which can help you feel fuller longer), and antioxidants that fight free radicals and help prevent chronic disease.

But fruit contains carbs, so is it even possible to enjoy them on a keto diet? Absolutely! Some fruits are higher in carbs because of the natural sugars they contain, but many others have relatively low amounts of carbs. In addition, many fruits have a naturally high water content, which can help fill you up for fewer calories than other options.

Sticking with fruits that are lower in carbs and higher in water content can help you keep your carb count low without missing out on any of their great benefits. Below are some examples.

FRUITS

LIMES - 2 GRAMS PER 1 OUNCE

Limes are a great source of vitamin C, which is important for your immune system and skin. It's also a very important antioxidant that protects against free radicals, which can affect brain cells in the hippocampus and frontal lobe.

If you're on a keto diet or trying to cut back on sugar, limes are a great ingredient to keep on hand. The juice of one lime has just 8 calories, 2 grams of carbs, and 1 gram of sugar.

Going on a keto diet doesn't mean that you have to sacrifice flavor—in fact, it's quite the opposite! Limes are a great way to add some zing to your meals. You can use them as a garnish, squeeze them directly into dishes, or even eat slices of lime as delicious snacks!

Lemons are a true superfood. They're jam-packed with Vitamin C, a powerful antioxidant that also helps boost your immune system and keeps you feeling energized.

And if you're on the ketogenic diet, lemons are even better for you. They're packed with potassium, which is essential for hydration, heart health, and helping your muscles recover after exercising. Plus, they're one of the only fruits or vegetables that don't have any carbs or sugar in them at all—and lemons are one of the few foods that can help you kick a sweet craving to the curb!

As if all of that wasn't enough, lemons also have anti- aging properties that can help you look as young and healthy on the outside as you feel on the inside!

In fact, one cup of sliced rhubarb only has about 1.9 grams of carbs and 0.3 grams of sugar.

Rhubarb is also packed with nutrients, including vitamins A, B-complex, C, E, and K. It's also a good source of potassium, calcium, and magnesium.

Rhubarb can be eaten raw or cooked, but it must always be cooked with sugar—it's too tart for most palates otherwise! You can stew rhubarb with cinnamon and nutmeg as a topping for ice cream or make a rhubarb compote with sugar and vanilla extract that you can use in smoothies or yogurt.

FRUITS

AVOCADO - 4.8 GRAMS EACH

Avocado is one of the most popular fruits (yes, it's a fruit!) on the keto diet. It's high in fat and low in carbs, which makes it ideal for keeping you satisfied and energized on any keto diet plan.

Avocados are a great source of healthy fats, which are an essential part of the keto diet. Avocados also provide key nutrients such as potassium, fiber, and vitamins C, E, K, and B-6. Along with their nutrient density—which is another key component of the keto diet—avocados are also low in carbs, so they can help keep you within your daily carb limit.

With all these benefits—and because they're delicious!—avocados should be featured in your keto diet plan.

Apricots are a great choice for people on the keto diet. They have a low carbohydrate content, which makes them an easy and delicious addition to any meal or snack.

Not only are they low in carbs, but they're also rich in antioxidants and vitamin C. They're also packed with fiber, which helps you feel full longer. These benefits make them a perfect snack when you're on the keto diet!

They can be eaten raw or cooked—just make sure that if you cook them, they don't get too hot so as not to lose their nutritional value.

Strawberries are one of the most popular berries in the world. They're not just delicious, they're also incredibly nutritious! On a keto diet, strawberries are important because they provide a lot of antioxidants and vitamin C. In fact, one cup of strawberries contains more vitamin C than an orange!

Strawberries are also high in fiber, which is especially important on the keto diet. Fiber does not have a significant impact on your blood sugar levels, so you can eat more fruits and vegetables that contain fiber without worrying about it throwing you out of ketosis.

Strawberries are delicious on their own or as part of a keto snack or meal. You can enjoy them fresh or frozen in smoothies, salads, sauces, desserts - the possibilities are endless!

FRUITS

BLACKBERRIES - 7 GRAMS PER CUP

Blackberry season is one of the best times of the year, and if you're on a keto diet, you're really in luck!

Blackberries are packed with nutrients, like vitamin C and fiber, but they also have low levels of carbohydrates. That's perfect for your keto diet. And if you love blackberries like us, it's a win-win!

You can enjoy blackberries on their own as a snack or dessert, or throw them into your favorite recipes. Blackberries are delicious in salads and smoothies— and if you're feeling wild, we've got some great ideas for how to use blackberries in cocktails!—so what are you waiting for?

Raspberries are a not-so-secret weapon on the keto diet. They're packed with health benefits that make them a great addition to your arsenal of keto foods.

They have dietary fiber, which helps regulate your blood sugar and prevent sudden spikes and crashes. They're also high in Vitamin C, which helps fight off colds and is also a powerful antioxidant.

Since raspberries are so low in net carbs, they can make a great snack or dessert to help you feel full without breaking the carb bank. Try them with a little whipped cream on top!

It's true: grapefruits are one of the most keto-friendly fruits out there, and they're a great way to get a boost of vitamins, minerals, and antioxidants while you're dieting.

When you're on a keto diet, it's critical that you get the right nutrients while keeping your carb intake low. That's why red grapefruit is such an amazing fruit. Not only are they delicious, but they're also packed with potassium, Vitamin C, and Thiamin.

One serving of red grapefruit contains about 15 grams of carbs—but 9 grams of those carbs are from fiber, meaning you're only getting about 6 net carbs per serving. So if you're on a low-carb diet and want to sneak in some sweet fruit, red grapefruits are the way to go!

MEAT, FISH & POULTRY

Meat, fish, and poultry are an important part of any diet, but on a ketogenic diet, they're especially important. They provide your body with the protein it needs to function at its best, and the fat keeps you full longer.

Meat and poultry are rich in B vitamins, which help maintain a healthy brain and nervous system. Additionally, meats contain choline, which is essential for brain health.

Fish is an excellent source of protein, omega-3 fatty acids, selenium, niacin, vitamin B12 and vitamin D. Studies show that omega-3 fatty acids may help protect you against heart disease by lowering your blood pressure and triglyceride levels.

MEAT, FISH & POULTRY

ALL RED MEAT

Red meat is one of the most versatile and delicious options for protein on a keto diet. Whether you're looking to make a comforting chili or a hearty stew, red meat is a must-have.

Red meats are high in B vitamins, which are essential to keeping your body's metabolic functions running smoothly. This includes everything from turning food into energy to making hormones and hemoglobin in your blood. Getting enough B vitamins on a keto diet helps your body function optimally in all areas, which is why it's important to include red meat in your diet.

The best part? Red meat is also one of the healthiest and best- researched proteins out there—and it's been shown to be especially beneficial for people following low-carb diets.

The main benefit to eating chicken on a keto diet is that it's protein- packed and doesn't have any carbs. It also provides zinc, iron, potassium, phosphorus, and B vitamins.

Chicken can be prepared in many ways. You can roast it, cook it on the grill or bake it into casseroles. Chicken is a great way to get your daily dose of protein while also adding flavor to your diet.

You can also make many types of soups with chicken broth or other meats as ingredients. Many soups contain vegetables and other low- carb foods that will help you stay full longer without consuming too many calories from carbs! This makes chicken an especially good choice for people who want to lose weight but need something filling at lunchtime during those busy days when you're working hard all day long!

Your keto diet means that you need to eat a very low-carb, high- protein diet. Turkey is one of the best foods you can eat if you are on a keto diet. Let's find out why!

Turkey is an excellent source of protein, which is important for a keto diet. Turkey has about 32 grams of protein in one cup. This means that turkey can help you meet your protein needs while keeping your carb count really low.

Turkey is also an excellent source of vitamins and minerals, which are essential for good health. For example, turkey is a good source of selenium, zinc, and vitamin B6, all important nutrients that help your body function at its best.

MEAT, FISH & POULTRY

PORK

Pork is one of the most important sources of protein on a keto diet. It's low in carbs, high in B vitamins, and also contains minerals like phosphorus, zinc, and iron.

The ideal ratio of protein to fat is essential for any healthy diet, but it can be difficult to achieve if you're not eating enough pork. Pork is one of the most popular meats eaten worldwide, and for good reason!

If you love bacon and ham, you'll appreciate pork's versatility; it's great roasted, fried, grilled, or even smoked. Plus, ground pork can easily be substituted for ground beef in any recipe to make it lower in carbs.

VEAL

Veal is an excellent source of protein. It's loaded with B vitamins, which help your body convert food into energy, and contains more than 10 percent of your daily iron needs. It's also rich in minerals like zinc and phosphorus, which are important for bone health, immune function, and metabolic processes.

Veal is a great meat to include in your diet because it has less fat and cholesterol than other types of red meat. It contains only 1.9 grams of fat per 3-ounce serving while offering 31 grams of protein and 84 calories - so you get all the benefits without worrying about overdoing it on saturated fats or calories!

If you're on a low-carb diet then try incorporating more veal into your meals - it'll keep you feeling fuller longer because there aren't any carbs involved here either!

LAMB

Lamb has earned a reputation for being the red meat of choice when it comes to keto diets. It's considered by many to be a healthy alternative to pork and other red meats, but does it really belong on your plate?

The answer is yes. Lamb is rich in protein and contains vitamins A, B6, B12, D, and E. It's also an excellent source of omega-3 fatty acids, which are essential for good health. Lamb is high in magnesium, iron, and zinc. These nutrients provide your body with the building blocks it needs to build strong bones and muscles, fight off infections, and stay energized throughout the day.

The best part is that lamb is low in carbs, which makes it perfect for people who are on a keto diet. Lamb is a great way to boost your protein intake while keeping your carb intake low.

MEAT, FISH & POULTRY

FOWL (DUCK, GOOSE, HEN, QUAIL)

When you're on the keto diet, protein is an essential part of your meal plan. And one of the best protein sources out there? Fowl meat.

Fowl meat is an excellent source of protein and also a great source of iron, magnesium, and potassium. All of these nutrients help keep you strong, healthy and energized.

Plus, because fowl meat is naturally low in carbohydrates, it's a great option for those on the keto diet who are trying to stay in ketosis by keeping carbs under 50 grams per day. Keto dieters can enjoy: chicken breast, turkey breast, chicken legs & thighs, duck breasts & legs

ORGAN MEATS (TONGUE, BRAINS, LIVER, HEART,AND KIDNEYS)

Organ meats are packed with a ton of nutrients that you would be hard-pressed to find elsewhere.

On a keto diet, one of the biggest things you have to watch out for is nutritional deficiencies. If you don't get enough of certain vitamins, minerals, and amino acids, your body might react in weird ways and make something like the keto flu feel even worse. Organ meats are high in these essential micronutrients, so eating them on a regular basis will help keep your body functioning at its best.

So many people just eat the "normal" parts of an animal (the muscles) and leave the organs behind. They're missing out—these organs are what make up most of the nutrients in meat!

Keto diets require a high intake of fat, moderate intake of protein, and very low intake of carbohydrates. People who follow this diet often eat fatty cuts of meat such as steaks and bacon. Game meats like bison, elk, moose, camel, kangaroo, rabbit and venison all fit into this diet because they are naturally leaner than most other types of meat; you can find many cuts with very little fat at all!

Game meats are also healthier for your heart than traditional meats like pork or beef because they do not contain as much saturated fat. They also have fewer calories per serving than other types of meat so you can eat more food without feeling guilty!

MEAT, FISH & POULTRY

EXOTIC MEATS (SUCH AS OSTRICH AND EMU)

First, exotic meats provide protein, which helps you build muscle and keeps your body running smoothly.

Second, they provide nutrients like B vitamins and minerals like iron and zinc—all important for your health.

Third, they're low in calories, so they keep you slim while giving you all the energy you need to live life to the fullest.

And last but not least, exotic meats are delicious! You'll be able to eat things like crocodile nuggets or kangaroo steak without worrying about not getting enough nutrition while still feeling satisfied with every bite.

Cold Cuts and Bacon are both great foods to include in your keto diet! They are both low in carbs and high in protein, which is why they make a great addition to a keto diet. Cold cuts (ham, turkey, roast beef) have about 0-3 grams of carbs per slice, while bacon has 0 grams of carbohydrates.

This makes cold cuts and bacon versatile; you can use them in most dishes with little worry about going over your carb limit for the day.

One of the reasons many people love the keto diet is that it allows you to eat some of your favorite foods that you typically couldn't eat on other diets. Cold cuts and bacon are flavorful, delicious foods you can enjoy guilt-free on a keto diet!

EGGS, CHEESE & DAIRY

Cheese and dairy are two of the most important products when it comes to the ketogenic diet. With so many different types of cheese and dairy, there is a lot of variety in your diet—and a lot of nutritional benefits as well.

Cheese can be a healthy part of your keto diet—if you know what to look for. High-quality cheeses (think cheddar, not Kraft singles), feta, and mozzarella are all good options for your keto diet. Be sure to stick with full-fat options, as many low-fat or skim products have added sugars and carbs.

Dairy products are also important for anyone on a keto diet as they help make up for the lack of carbs in your life. While dairy products do contain carbs, they're low enough that they're still a great addition to your diet. Plus, dairy products like milk and yogurt have been shown to help people lose weight!

EGGS, CHEESE & DAIRY

EGG WHITE - 0.3 GRAMS

What about egg whites? Are they also keto-friendly? We'll dive into the details here.

Egg whites are low in calories but high in protein, which can help keep you feeling full without adding excess fat to your diet. And while they do contain some carbs, they're minimal enough to make egg whites a good addition to your keto diet.

So if you want a healthy and filling snack, try some fresh whole eggs with an omelet or even just hard- boiled on their own. They'll definitely change up your breakfast routine!

EGG YOLK - 0.3 GRAMS

On the keto diet, egg yolks are a key ingredient.

Although they have more calories than whites do, they contain twice as much protein and way more nutrients. They can help you keep up your strength and energy, provide you with vitamins and minerals that may otherwise be lacking in your diet, and they're a good source of healthy fat.

The bottom line? Egg yolks are healthy, and they are definitely part of a ketogenic diet.

WHOLE EGG - 0.6 GRAMS

If you're following a keto lifestyle, you've probably heard that eggs are a great way to stay in ketosis and lose weight. That's because they're packed with essential vitamins and minerals, and are one of the few food items that contain vitamin D.

Whole eggs are a great source of protein, fat, and vitamins on a ketogenic diet. They're also incredibly versatile and can be eaten for breakfast, lunch, or dinner.

The best way to cook them is to boil them because it keeps all the nutrients intact. You can add spices or herbs to make it taste even better. Some ideas for spices include salt, pepper, and garlic powder or some ideas for herbs include parsley or cilantro.

EGGS, CHEESE & DAIRY

HEAVY CREAM - 0.5 TO 0.7 GRAMS PER TABLESPOON

Heavy cream is a great way to add richness and creaminess to your keto diet. You can use it to make delicious, creamy soups or sauces without all the carbs you'd find in other dairy products. It's also a great way to make high-fat, low-carb desserts like cheesecake and ice cream.

One of the most important things about following a keto diet is making sure you get enough fat in your daily nutrition. Heavy cream is an excellent source of fat that can help you reach your macros for the day.

It really shines in recipes for keto cookies, desserts, sauces, and even coffee. You can even use it to make yogurt!

HALF-AND-HALF - 0.5 TO 1 GRAMS PER TABLESPOON

If you're trying to stick to a keto diet, you probably feel like you're in a bit of a bind when it comes to how you get your body into ketosis. But don't worry! That's where half-and-half comes in.

Half-and-half is made of exactly what it sounds like: half cream and half whole milk. And since it's low in lactose and carbs, it's actually a great ingredient if you're trying to keep your carb count under 20g per day.

Plus, it's rich in vitamins A and D, so you're getting some key nutrients as well.

PLAIN FULL FAT GREEK YOGURT - 9 GRAMS PER CUP

There are so many reasons why you should be eating Greek yogurt on a ketogenic diet.

The first reason is that Greek yogurt has so much protein in it. Protein is essential for your body to be able to build and repair muscles, not to mention that your body needs protein to even function properly!

Greek yogurt is also a great source of calcium. Calcium is important for your bones, your teeth, and even your heart. You can also use Greek yogurt as a base for smoothies or other recipes like muffins or bread.

EGGS, CHEESE & DAIRY

FULL FAT SOUR CREAM (4 TBSP.) - 2 GRAMS

Full Fat Sour Cream is a great ingredient to have on hand when you're on a ketogenic diet.

The keto diet involves reducing your carb intake and replacing it with healthy fats. This puts your body into a state of ketosis, which means it starts to burn fat instead of carbs for fuel.

One of the best ways to take full advantage of the fat- burning benefits of the keto diet is by incorporating healthy fats like full-fat sour cream into your meals.

UNSWEETENED ALMOND

Unsweetened almond milk on a keto diet is a must. Milk has too much sugar, and sweetened almond milk has too much sugar, but unsweetened almond milk only has 1 gram of carbs per serving—which means you can use it in all kinds of recipes without having to worry about messing up your macros.

There are so many ways to use unsweetened almond milk in your keto diet. You can make a keto latte with it, add it to smoothies (you can even make a green smoothie with it), or even make creamy sauces for dinner with it.

It's also packed with nutrients: one serving has 50% DV calcium, 25% DV vitamin E, and 50% DV vitamin D. That means that if you're using unsweetened almond milk on a regular basis in your keto diet, you don't have to worry as much about getting enough of these nutrients through other sources.

EGGS, CHEESE & DAIRY

CHEESES IN 1-OUNCE PORTIONS	

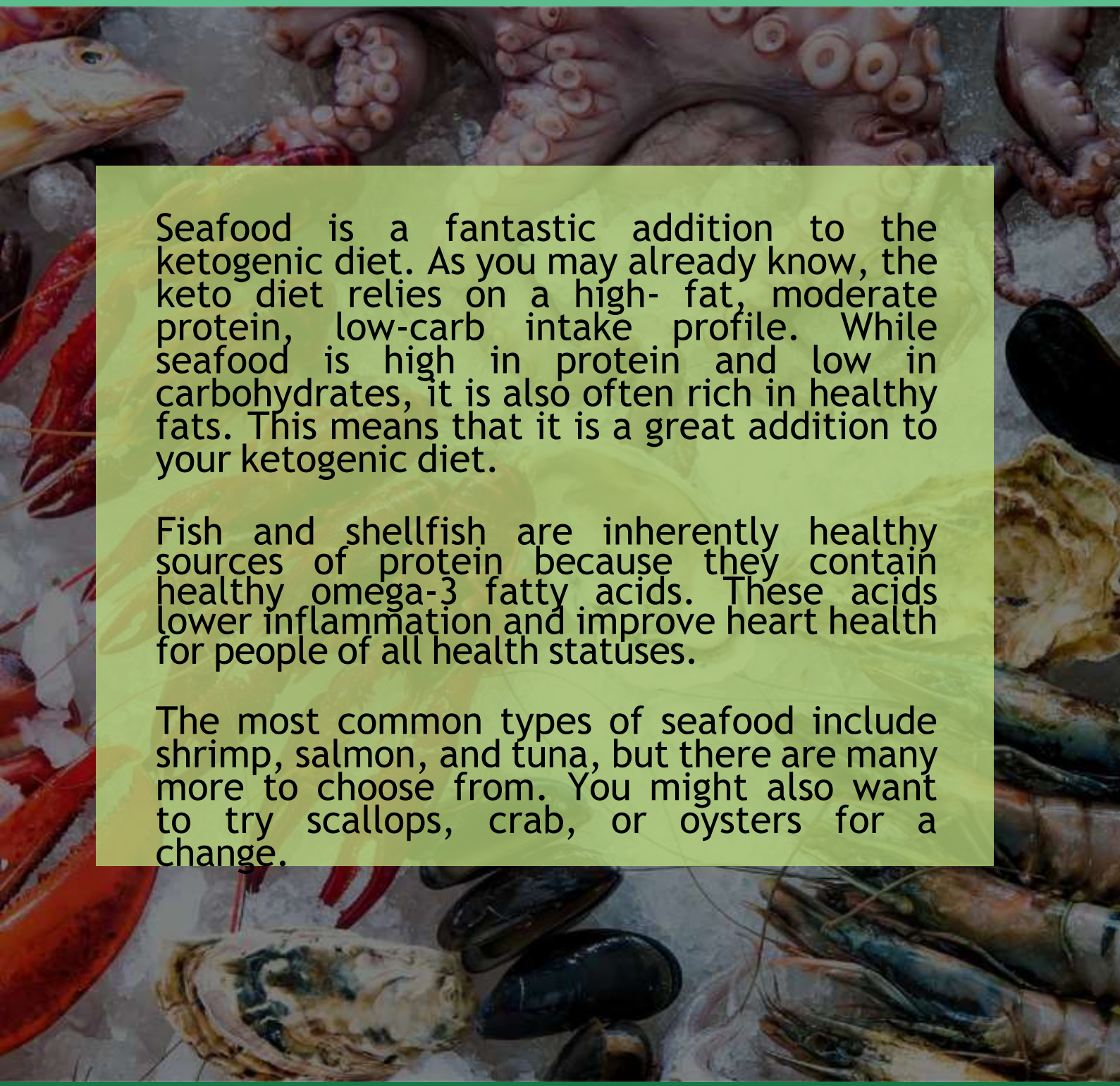
Cheese is a great addition to any ketogenic diet. Cheese contains essential vitamins like Vitamin A, Vitamin B12, and Vitamin D while also containing minerals such as Calcium, Zinc, and Phosphorus. These vitamins and minerals are key to promoting healthy bones and teeth, as well as having a healthy immune system.

Cheese is also rich in conjugated linoleic acid (CLA), which is beneficial for weight loss. Studies have shown that CLA helps reduce body fat mass and can prevent cardiovascular disease by reducing your "bad" cholesterol levels and raising your "good" cholesterol levels.

There are many different types of cheese you can choose from on a keto diet, all of them are listed down here, but some, such as Gruyère cheese, are the best amongst the options due to a high amount of protein per serving size with low carbs and sugar content.

Gruyère	0.1 grams
Cheedar	0.5 grams
Fontina	0.4 grams
Havarti	0.7 grams
Parmesan	0.9 grams
Gouda	0.6 grams
Mozzarella	0.6 grams
Ricotta	0.8 grams
Blue Cheese	1 gram
Edam	0.4 grams
Monterey	0.1 grams
Muenster	0.3 grams
Provolone	0.6 grams
Neufchatel	0.1 to 0.8 grams

SEAFOOD



Seafood is a fantastic addition to the ketogenic diet. As you may already know, the keto diet relies on a high- fat, moderate protein, low-carb intake profile. While seafood is high in protein and low in carbohydrates, it is also often rich in healthy fats. This means that it is a great addition to your ketogenic diet.

Fish and shellfish are inherently healthy sources of protein because they contain healthy omega-3 fatty acids. These acids lower inflammation and improve heart health for people of all health statuses.

The most common types of seafood include shrimp, salmon, and tuna, but there are many more to choose from. You might also want to try scallops, crab, or oysters for a change.

SEAFOOD

SHRIMP - 0 CARBS

Shrimps are a great protein on a ketogenic diet. They have many benefits.

A keto diet has been proven to help with weight loss and it also helps lower one's cholesterol level. This is because keto diets tend to be higher in fat, which is an important part of your daily diet. As long as you are consuming the right amount of calories, there is no reason why you cannot eat shrimps on a keto diet.

Shrimps are also very low in carbs, which is perfect for someone who is on a low-carbohydrate diet. Shrimps have such low carbs that they even make a great post-workout snack if you are trying to gain muscle or lose weight. Shrimps can provide a lot of protein and they are easy to prepare and store, so they are definitely worth keeping around the house if you enjoy them!

CRAWFISH - 0 CARBS

When you're looking to get the most out of your keto diet, finding smart ways to increase your protein intake is key. Crawfish are a great way to do that: one serving of crawfish contains 15 grams of
protein! That's over 50% of the daily recommended protein intake for an adult.

In addition, crawfish contains many other essential vitamins and minerals, including selenium (which helps with metabolism), B12 (which is important for brain function), and iron (which can help boost immunity). They also contain omega-3 fatty acids.

So whether you love crawfish because they taste amazing or because they're great for your body, adding them to your keto diet is an easy win-win!

CRAB - 0 CARBS

Crab is an incredible food to enjoy on a ketogenic diet. Most crabs are low-carb, making them perfect for your keto lifestyle! While many people think crabs are high in carbs, the truth is that most types of crab have less than one gram of carbs per serving.

The biggest benefit to enjoying crab on a keto diet is that it's high in protein and fat. A 3-ounce serving of crab contains 17 grams of protein. This amount of protein helps you maintain muscle mass and keep your body going during the day.

Crab also contains healthy fats. A single serving of crab contains only 1 gram of saturated fat, and instead includes healthy fats like omega-3s. The next time you're looking for a low-carb meal, consider making yourself some crab cakes or eating a Maryland- style crab boil!

SEAFOOD

LOBSTER - 2 GRAMS PER 6 OUNCES

Lobster is a fantastic addition to any ketogenic diet. It's a low-calorie, high-fat protein that offers a range of nutritional benefits.

First and foremost, lobster offers plenty of protein (20 to 25 grams per 100-gram serving) and healthy omega- 3 fatty acids. Omega-3s are essential nutrients that your body can't make on its own, so they must be consumed through foods and supplements.

When you're on a ketogenic diet, you need to get plenty of healthy fats in your diet, but it can be hard to get enough protein and other nutrients in foods that are high in fat. Lobster makes it easy by offering a delicious way to combine fat, protein, and other nutrients for a balanced meal.

MUSSELS - 8.4 PER 6 OUNCES

Mussels are a great addition to your keto diet! They're a high-fat, low-carb food that can be prepared in many ways.

They are also rich in omega-3 fatty acids, which have a protective effect against heart disease and help reduce inflammation. They are also an excellent source of selenium, a mineral that is important for the proper functioning of the thyroid gland and may help to protect against cancer.

Mussels are versatile, easy to find, and delicious—so add them to your grocery list or order them at the restaurant next time you eat out!

OYSTERS - 5 PER 6 OUNCES

Oysters are a tasty addition to any keto meal, and if you haven't tried them yet, you're seriously missing out.

Oysters are a great source of zinc and iron. They contain more protein than steak. And they're packed full of vitamin B12, which is good for your brain and nervous system.

Our keto-friendly recipe for oysters is a simple version of classic oyster stew. If you want to add some additional veggies to bulk up the stew, try adding celery or parsley. The stew should be ready in about 20 minutes.

SEAFOOD

SCALLOPS - 3.9 PER 6 OUNCES

Scallops are an excellent source of vitamins and nutrients that are important for anyone on a keto diet.

Scallops provide a healthy dose of vitamin B12, which helps your body metabolize proteins and fats. They also contain selenium, which helps your body regulate its metabolism.

For those following a keto diet, scallops can be a low- carb option to add to the diet. Most scallops contain no carbs at all, and the ones that do only contain a very small amount. In addition to the vitamins and nutrients that scallops provide, they also give you fat and protein
—both of which are important for the ketogenic diet.

If you're on a ketogenic diet, you're going to want to stock up on shellfish!

Since clams are high in protein and low in carbs, they can be an excellent addition to your diet. Even better: clams are packed with nutrients, so not only will you be getting what you need from your food, but you'll also feel full for longer.

Clams are one of the best types of shellfish for a keto diet. They have a high protein content, which will help you feel full and satisfied after eating them, and they are low in carbs, with only 2 or 3 net grams in a typical serving. They also provide you with essential nutrients like iron and B vitamins.

Squid is an important food to have on a ketogenic diet because of its unique nutritional profile.

Squid is low in calories and carbs and high in protein, making it an excellent source of nutrition for people who are trying to lose weight or manage their blood sugar levels.

It also contains many vitamins and minerals that can help you stay healthy while following a restricted diet like keto: Vitamin B12, Vitamin D3, Calcium Carbonate, Magnesium Oxide, Zinc Oxide, Manganese Gluconate, Chromium Picolinate... the list goes on!

HERBS & SPICES

Herbs and Spices are what makes keto worth it!

First of all, they have no carbs, so you don't have to worry about them breaking your diet. Second, herbs and spices have a multitude of health benefits. They can help lower inflammation in the body, improve digestion, and even help reduce symptoms of depression.

And most importantly, they make your tastebuds happy. Being on a ketogenic diet doesn't mean you're doomed to a life of bland foods. Using herbs and spices is essential—it's what takes your meals from "meh" to "marvelous" in just one addition.

NUTS & SEEDS

Nuts and Seeds are a great snack for a ketogenic diet. They are packed full of nutrients and are relatively low in carbs. Typically, nuts and seeds have less than 5 grams of net carbs.

Nuts and seeds are a great source of healthy fats on the ketogenic diet. You should include them in your day-to-day meals, especially if you are looking for an alternative to meat. They can be enjoyed as a snack on their own or added to recipes for an extra dose of taste and texture. Nuts and seeds are packed with nutrients, including vitamins E and B, fiber, omega-3
fatty acids, protein, and more!

Some examples of nuts and seeds you can enjoy on a keto diet include: walnuts, almonds (raw or dry roasted), pistachios (including dry roasted), pumpkin seeds, sunflower seeds, macadamias and pecans.

NUTS & SEEDS

Almonds are a great snack or addition to any meal on a keto diet. They are the least carb-heavy nut and have a wide variety of health benefits.

Almonds are very high in vitamin E, magnesium, and manganese. They are also high in antioxidants.

It's recommended to eat 1/4 cup of almonds daily while on a ketogenic diet.

With a ketogenic diet, it is important to be mindful of how much carbs and sugar you are consuming. Peanuts are a great way to get in protein while keeping your carbohydrate intake low.

Peanuts are a great source of healthy fats, which will help you stay full longer. With the low amount of carbs that come with peanuts, they will not spike your blood sugar like other nuts can do. This makes peanuts perfect for those on a keto diet! Peanuts also contain necessary vitamins and minerals such as vitamin E and Magnesium.

Try incorporating peanuts into your meals or just simply eat them as a snack. You can even add them to desserts such as keto-friendly peanut butter cookies!

HAZELNUTS (2 TBSP. CHOPPED) - 1 GRAM

If you're on a Keto diet, Hazelnuts are the perfect snack to keep you energized and full.

Hazelnuts are super high in healthy fats, with 85% of their calories coming from fat. They also have a good amount of protein and fiber, so they will fill you up fast and keep you full. And they have fewer carbs than other nuts, which is especially good if you're on a ketogenic diet.

Hazelnuts contain a lot of vitamin E as well as folate, magnesium and potassium. In fact, there are so many benefits to eating hazelnuts that if you don't already include them in your diet you should start today!

NUTS & SEEDS

Macadamia nuts are one of the most nutrient-dense foods you can find. They are extremely high in healthy fats and low in carbs, making them the perfect high-fat food to include when you're on a keto diet.

The first reason that macadamia nuts are such a great food to add to your diet is that they have very few net carbs. This is important if you're on a keto diet, because you need to keep your carb intake very low in order for the ketogenic diet to work.

Macadamia nuts have only 1 gram of net carbs per ounce, which means that even if you eat an entire cup in one sitting, you've still only consumed 30 grams of net carbs!

PECANS & TREES

Pecans, one of the most delicious nuts out there, are also one of the healthiest. The low-carb, high-fat food is a staple of the ketogenic diet—which means that if you're on keto, you'll probably be eating a lot of them.

Pecans are an incredibly versatile nut, and they're perfect for the keto diet. Not only are they a delicious snack that's perfect for any occasion, but they can be used in a wide variety of recipes to add flavor and crunch.

For example, you can add chopped pecans to your favorite salads for an extra dose of flavor. Or why not make an incredible pecan pie? You can even make candied pecans to give as a gift or serve on special occasions!

PINE NU

Pine nuts are a great option on a ketogenic diet because they're full of healthy fat, which is the basis of a keto diet.

They're also a good source of protein, with 13 grams per 100- gram serving. Protein is important in any diet, but the protein in pine nuts is especially important for people following a ketogenic diet because it

helps your body get into ketosis.

In addition to being high in healthy fat and protein, pine nuts also have plenty of other nutrients that are good for you. They contain over 20 vitamins and minerals including iron, potassium, calcium, magnesium, vitamin A, vitamin C, and manganese.

NUTS & SEEDS

If you're on a ketogenic diet, you're probably focused on getting plenty of fat. After all, this is the most important macronutrient for this type of diet. But what about protein? You still need it!

Pistachio nuts are the perfect way to add in some protein while also adding some delicious flavor and crunch.

Pistachios are high in fiber and healthy fats. These two components help keep you feeling full and satisfied until your next meal or snack. So if you're trying to lose weight on a ketogenic diet (which many people do), pistachios are an excellent choice for a snack or side dish because they'll reduce hunger pangs between meals—even if you only eat a small handful!

Walnuts are an excellent choice for a ketogenic diet. They are high in nutrients and low in carbs, making them a perfect addition to your keto eating plan.

Walnuts provide the right kind of fat to help you feel full and satisfied while curbing your hunger. They also contain nutrients that are important for brain health and function.

Additionally, walnuts can be easily included in many dishes to add flavor and texture to recipes. Try sprinkling some on a salad or adding them as a crunchy topping on yogurt. You could even swap out almonds for walnuts in many recipes that call for nuts!

NUTS & SEEDS

PUMPKIN SEEDS - 5 GRAMS PER OUNCE

Pumpkin seeds, also known as pepitas, are an extremely versatile addition to your keto diet. They are a great source of essential nutrients such as magnesium, manganese, and phosphorus. Pumpkin seeds also contain a good amount of both soluble and insoluble fiber, which will help with gut health.

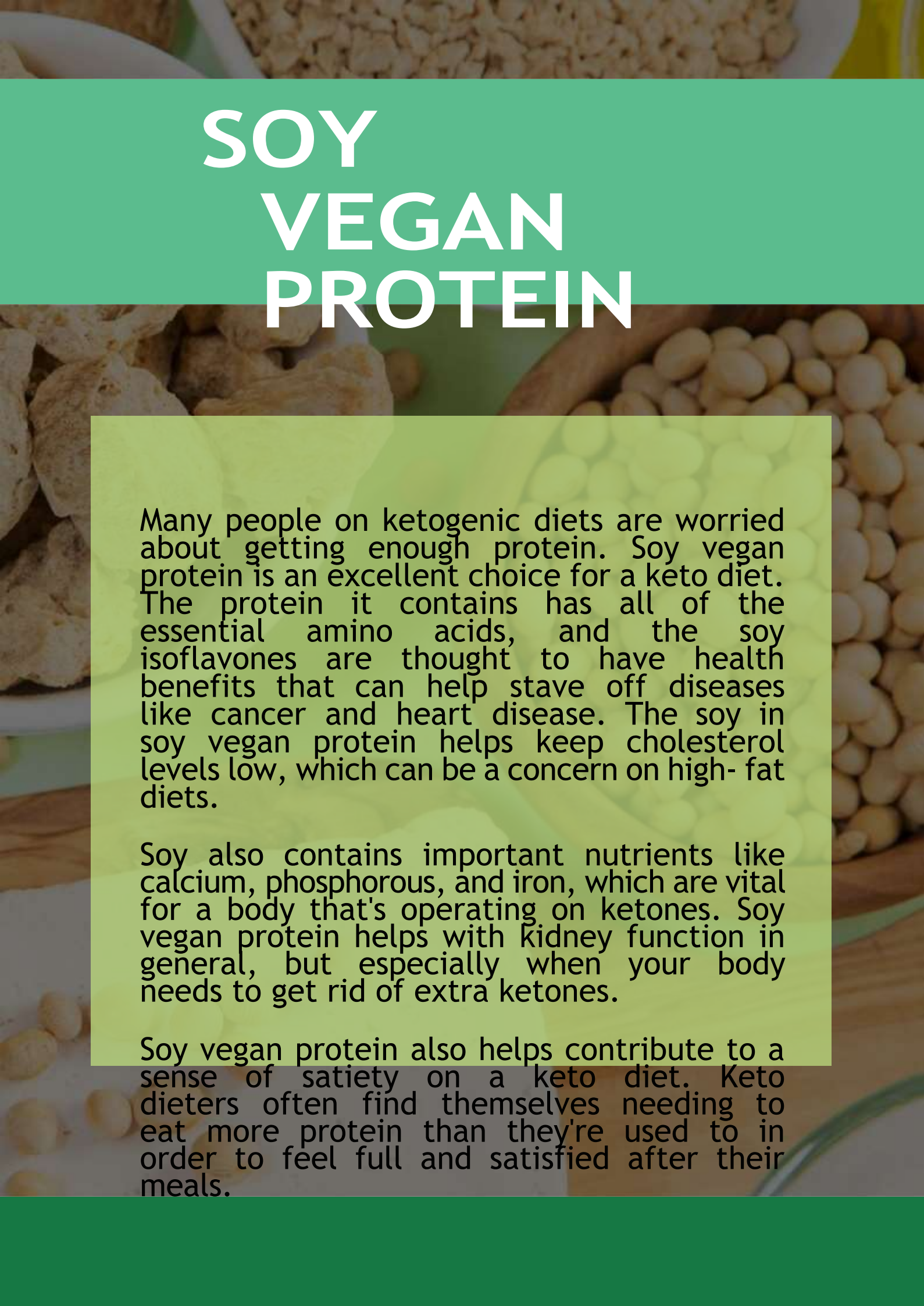
Pumpkin Seeds are not only a great source of fiber and protein but they are also very high in antioxidants and have many anti-inflammatory properties.

Pumpkin seeds are high in healthy fats (20 grams per 100-gram serving) which is great for satiety on a keto diet. You can use pumpkin seed oil to make salad dressings or on top of roasted veggies or even in smoothies!

Sunflower Seeds are super high in protein and vitamin E. That means if you're looking for a midday pick-me-up or a post-workout snack, you can toss some Sunflower Seeds in your bag and know that you have a great option that won't slow down your progress on the keto lifestyle.

Second, Sunflower Seeds are super filling. You can eat a whole cup of them and still stay well under your carb limit for the day, which means you get to enjoy a ton of food without having to worry about overindulging.

Finally, sunflower seeds are delicious! They're easy to throw in salads, rice dishes, or even just eat by themselves as a quick snack. They're also good for people who love spicy foods—just sprinkle them on top of some red pepper flakes for a kick of heat!



SOY VEGAN PROTEIN

Many people on ketogenic diets are worried about getting enough protein. Soy vegan protein is an excellent choice for a keto diet. The protein it contains has all of the essential amino acids, and the soy isoflavones are thought to have health benefits that can help stave off diseases like cancer and heart disease. The soy in soy vegan protein helps keep cholesterol levels low, which can be a concern on high- fat diets.

Soy also contains important nutrients like calcium, phosphorous, and iron, which are vital for a body that's operating on ketones. Soy vegan protein helps with kidney function in general, but especially when your body needs to get rid of extra ketones.

Soy vegan protein also helps contribute to a sense of satiety on a keto diet. Keto dieters often find themselves needing to eat more protein than they're used to in order to feel full and satisfied after their meals.

SOY VEGAN PROTEIN

SOYBEANS - 6.2 GRAMS PER 1/2 CUP

If you're on a ketogenic diet and looking for a yummy way to get your protein, soybeans are the right choice for you.

Not only are they delicious, but they're also packed with protein. The average soybean has about 12 grams of protein, which is roughly 25% of the recommended daily value of protein.

Plus, they're super versatile and easy to work with, so you can get creative with how you incorporate them into your diet and find something that works for you!

SOY MILK - 1.2 GRAMS PER CUP

Soy milk is a great non-dairy option for those on a ketogenic diet. It's low in sugar, low in carbs, and high in protein, making it a great addition to your coffee or eating plan. Soy milk can also be an alternative to cow's milk for those who are lactose intolerant.

When choosing soy milk, make sure to look for the word "unsweetened" on the label. While sweetened milk may taste good, it often has added sugars that can increase your carb count and stall weight loss efforts.

Some unsweetened soy milks are also fortified with calcium and vitamin D, which are important nutrients that you need while on the keto diet. Check the nutrition label of your soy milk to see how much calcium and vitamin D it contains.

FIRM

Firm tofu on a ketogenic diet might seem like a far-fetched idea, but it’s actually a great way to increase your protein intake while keeping your carbohydrates low.

Tofu is made from soybeans and contains only 1 gram of carbohydrates per serving. That means that you can enjoy it as part of your balanced meal plan without worrying about having too much sugar in your system at once (which can lead to cravings).

When you’re looking for a protein on your ketogenic diet, you’re going to want to look for something with a low carb count and plenty of other nutrients—and firm tofu definitely fits the bill.

SOY VEGAN PROTEIN

SILKEN TOFU - 3.2 GRAMS PER 4 OUNCES

Silken Tofu is a great choice for those who are on a ketogenic diet. As you may know, this type of diet is low-carb and high-fat, which means that you need to find foods that are not only nutritious but also low in carbs.

While it may seem like Silken Tofu is not the best choice, as it is higher in carbs than other types of tofu, this isn't the case. Per 100 grams of tofu, there are only 3 grams of carbohydrates. This makes Silken Tofu a great choice for those who are following a low-carb diet.

Silken Tofu is also high in protein and fiber. This means that if you are on a ketogenic diet, then Silken Tofu can help to keep you full for longer periods of time which will help to reduce the risk of overeating and snacking between meals.

TEMPEH - 16 GRAMS PER CUP

When you think about protein sources and meat substitutes, tofu usually comes to mind. But tempeh is also an excellent source of protein and fiber, making it a good choice for ketogenic dieters.

Tempeh is essentially a block of fermented soybeans. It's made from whole soybeans, so it does contain more carbs than other forms of soy (like tofu or edamame). However, as long as you watch your portion size and use it in moderation, Tempeh can be a great addition to your meal plan.

Tempeh is not only filling but also easy to prepare. While tofu needs to be pressed or drained before cooking, tempeh just needs to be steamed or boiled for 10 minutes before it's ready for use in your favorite recipes!

SOY NUTS - 6 GRAMS PER ¼ OUNCE

Soy nuts are one of the most popular foods on the keto diet. They're a great source of protein, which helps keep you full and focused on your goals. And they're also full of healthy fats, which are the biggest component of any ketogenic diet!

One ounce of Soy Nuts contains 6 grams of protein and 4 net carbs. In addition, Soy Nuts contain a wealth of vitamins and minerals, such as calcium, iron, potassium, magnesium, and vitamins A, B6, E, K, and D.

Because of their high protein content and low carb count--as well as their taste--Soy Nuts are great for a keto diet.

FATS & DRESSINGS

This is a very important part of a ketogenic diet. Fats and dressings are both essential for providing your body with the nutrients it needs to thrive. The benefits of fat are countless. For example, it can help you lose weight, get more energy, improve your mood, and much more.

Dressings serve as a healthy source of fat in your diet. They are the building blocks of your cells and are used by the body to produce energy. This is why they are so important on a keto diet. You need fat in order to produce energy and burn off excess glucose (sugar) in the bloodstream.

If you have ever wondered what makes up the fat that is found in foods like salad dressing or mayonnaise, then this article will help answer some common questions about fats and dressings on a keto diet.

FATS & DRESSINGS

MAYONNAISE - 0 CARBS

Mayonnaise is truly the unsung hero of a ketogenic diet. It's got healthy fats, it's full of flavor, and it's a delicious way to get those carbs out of your food and into your body.

The good fats in mayonnaise can help your body absorb vitamins A, D, E, and K.

It also helps keep you feeling full longer, which is helpful when you're trying to lose weight or maintain your current weight. Plus, it's just plain delicious!

OILS - 0 CARBS (OLIVE, AVOCADO, AND COCONUT OILS FOR GENERAL USE. COLD-PRESSED OR EXPELLER-PRESSED CANOLA, PEANUT, AND

If you're on a ketogenic diet, you're probably always looking for healthy ways to add more fat to your meals. One of the best ways to do this is by using oil. You can use it to cook or as a base for salad dressings or even as a dip for veggies. And it's not just avocado oil, which seems like an obvious choice! There are so many options that are super delicious and healthy.

The benefits of oil on the ketogenic diet are numerous, but it all depends on what kind you choose. Choosing the right type can help you lose weight and feel great while choosing the wrong one can leave you feeling bloated and uncomfortable.

Here are some of our favorites:

- Olive Oil (good)
- Coconut Oil (very good)
- Avocado Oil (best)

FATS & DRESSINGS

OTHER OPTIONS	
Grass Fed Butter	0 grams
Blue cheese dressing (2 tbsp.)	2.3 grams
Italián dressing (2 tbsp.)	3 grams
Cesar dressing (2 tbsp.)	0.5 grams
Ranch dressing (2 tbsp.)	1.4 grams
100 Island dressing (2 tbsp.)	4.8 grams

ZERO CARB DRINKS

Zero carb drinks are really important on a ketogenic diet. First of all, they can be used to replace food items that you don't want to eat anymore. If you're transitioning from a normal diet, you'll find that your body craves sugar more than anything else. Getting sugar out of your system is paramount to starting a healthy lifestyle.

After you get through the initial withdrawal period, they can be used to help reduce the amount of time it takes for your body to adjust. The longer we put off the adjustment period, the harder it will be on our bodies. By drinking things like coffee or tea you can speed up the amount of time it takes for your body to fully adjust to the new way of eating.

Finally, liquids are important because they help with hydration and digestion. If you're dehydrated then your body won't have enough water in it to digest food properly. It's also very hard for your body to absorb nutrients without water in it.

ZERO CARB DRINKS

Coffee is a great beverage to drink on a ketogenic diet. It's low in calories, high in antioxidants and provides plenty of caffeine for an energy boost.

However, there are many different ways to prepare coffee and it's important to make the right choice when following a ketogenic diet.

The best way to prepare coffee is using these ingredients:

-Unsweetened Coffee
-Unsweetened Almond Milk
-Coconut Oil
-Erythritol (for sweetness)

DIET SODA (BE CAUTIOUS AS ARTIFICIAL SWEETENERS CAN AFFECT LOW CARB WEIGHT LOSS)

One of the most popular questions we get about the ketogenic diet is whether or not you can drink diet soda. This is a good question since regular soda is off- limits for those following a keto diet (or any health-conscious eater, really). So what about the stuff with no sugar? Is it okay?

Yes and no. Let's explore some reasons why you may want to include diet soda in your ketogenic diet, as well as some downsides to keep in mind.

The Upside of Diet Soda

Diet soda has no sugar, which means you're not getting the sugar that often comes with regular soda. This is great news for people who are trying to lose weight or manage their blood sugar levels since sugar is a big contributor to both problems.

Additionally, drinking diet soda can help you kick a sweet tooth. If you're used to drinking regular soda, diet soda may be just the thing to help wean you off of sugary beverages while still satisfying your craving for something bubbly and sweet.

The Downside of Diet Soda

Diet soda contains artificial sweeteners, which can be dangerous for your body. When you drink diet soda, you're exposing your body to substances that it cannot process naturally. The artificial sweeteners in diet soda can lead to weight gain and diabetes. There are some studies that show that artificial sweeteners may cause cancer, though more research is needed on this topic.

So there you have it: drinking diet soda on a ketogenic diet won't make you gain weight. But that doesn't mean you should start guzzling the stuff like it's water: your body will still process it as a toxin and especially if taken in excess, can be harmful to your health.

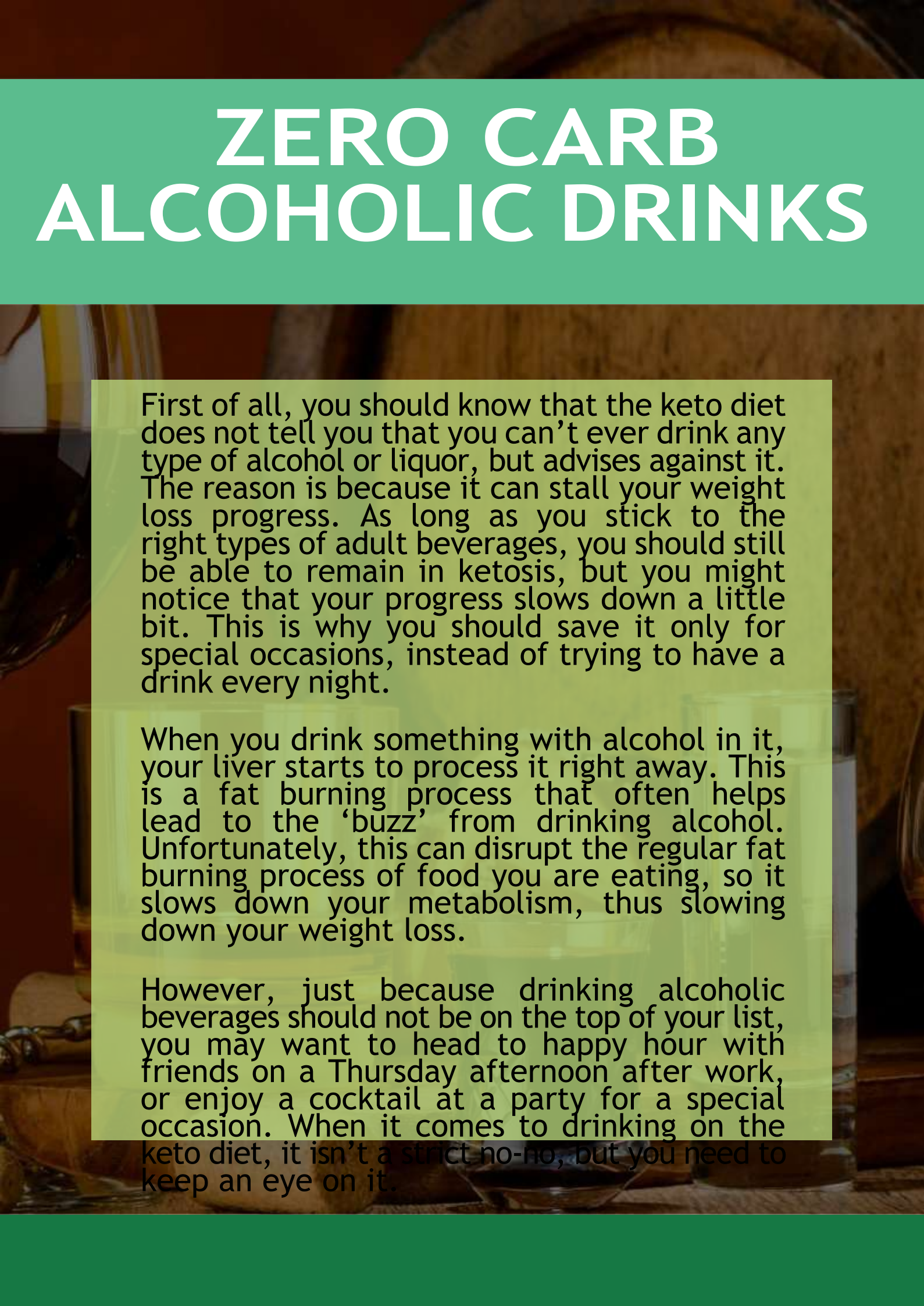
If you're looking for something to drink that won't affect your diet, water is always going to be your best bet. For flavor and a little extra pep to your step, try adding a squeeze of lemon or lime.

Get Your 30 Day Keto Meal Plan To Lose Weight Fast to be free from the fear and agony of dangerous life-threatening chronic illnesses

ZERO CARB DRINKS

OTHER OPTIONS	
Water	0 grams
Unsweetened tea	0 grams
Club Soda	0 grams
Sugar Free Sparkling Water	0 grams
No-Calorie Flavored Seltzers	0 grams
Herbal Tea (without added barley or fruit sugars)	0 grams

ZERO CARB ALCOHOLIC DRINKS



First of all, you should know that the keto diet does not tell you that you can't ever drink any type of alcohol or liquor, but advises against it. The reason is because it can stall your weight loss progress. As long as you stick to the right types of adult beverages, you should still be able to remain in ketosis, but you might notice that your progress slows down a little bit. This is why you should save it only for special occasions, instead of trying to have a drink every night.

When you drink something with alcohol in it, your liver starts to process it right away. This is a fat burning process that often helps lead to the 'buzz' from drinking alcohol. Unfortunately, this can disrupt the regular fat burning process of food you are eating, so it slows down your metabolism, thus slowing down your weight loss.

However, just because drinking alcoholic beverages should not be on the top of your list, you may want to head to happy hour with friends on a Thursday afternoon after work, or enjoy a cocktail at a party for a special occasion. When it comes to drinking on the keto diet, it isn't a strict no-no, but you need to keep an eye on it.

ZERO CARB ALCOHOLIC DRINKS

Gin	0 grams
Rum	0 grams
Vodka	0 grams
Whiskey	0 grams
Martini	0 grams
Tequila	0 grams

MISCELLANEOUS

Keto is supposed to be, in part, about removing all the processed, unhealthy stuff from your diet. But there are a lot of healthy foods out there that you can still enjoy while maintaining a keto lifestyle, and variety is key to making sure that you're both staying within the confines of keto and getting all the nutrients you need.

For example, it's easy to stick to meats and eggs when you're following keto because they're high in fat and low in carbs—but if you eat nothing but those things for too long, eventually your body will start telling you that it needs something else. That's why we encourage everyone who follows the keto diet to mix it up with vinegar, soy sauce and hot sauces, as well as foods like shirataki noodles, kale chips or pickles.

Not only do these foods taste incredible (especially when combined with other delicious ingredients), they also help keep your body running smoothly by providing a wide array of necessary vitamins and minerals.

MISCELLANEOUS

SHIRATAKI NOODLES - 0 CARBS

What are Shirataki Noodles?

Shirataki noodles are, simply put, noodles made from a type of konjac plant that is native to Asia. They're mostly water and fiber—and only about 7 calories per serving! This makes them a great addition to your keto diet.

Why are they great for the keto diet?

Because they're so low in carbs and calories, shirataki noodles can help you get all the benefits of pasta without having to sacrifice your macros. Pasta is a great source of fiber and other nutrients, so if adding it to your diet helps you feel satisfied, it's worth it! However, because these noodles don't have as many carbs and calories as traditional pasta, you can start enjoying it as soon as you begin your keto diet journey.

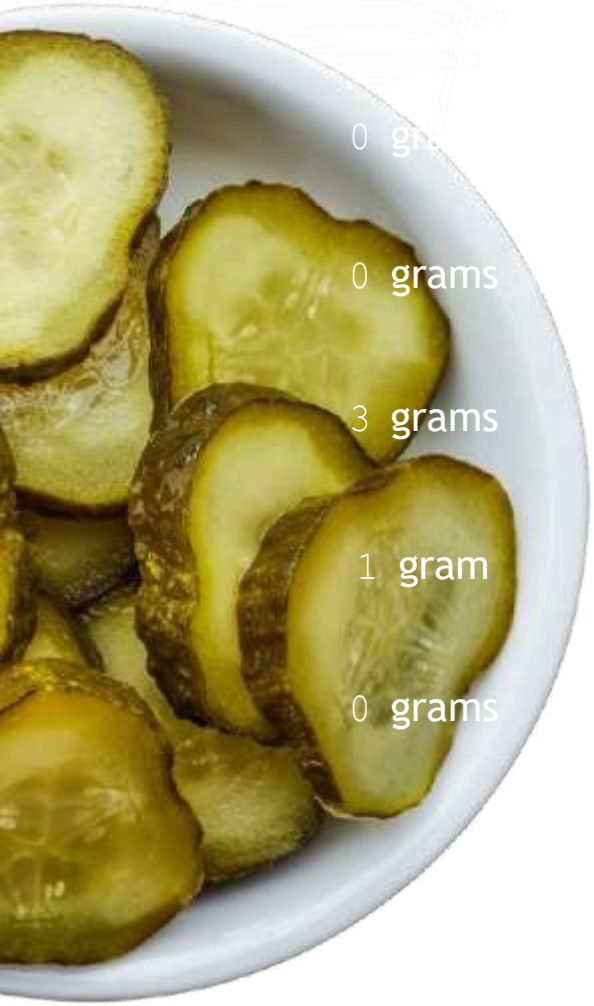
MUSTARD - 0 CARBS

Mustard is a perfect keto diet addition.

Mustard has no carbs, and its bright acidity makes it a great flavor enhancer for a wide range of meat and vegetable dishes.

In addition to being a great source of vitamin A and potassium, mustard is also very low in sodium—a fact that may make it a healthier alternative to salt for those who want to watch their daily intake of sodium.

MISCELLANEOUS



0 gra

0 grams

3 grams

1 gram

0 grams

4 grams

1 gram

0 grams

3 grams